

Bloodlines: A Memoir of Harm and Healing

TRACEY YOKAS

“This book will help parents who are navigating their child’s mental health crisis know that they’re not alone . . . but it also illuminates this fact: no matter what is breaking your heart, sometimes the best place to look for answers is inside yourself. Tracey Yokas shows us how.”

– Laura Munson, *New York Times* bestselling author and founder of Haven Writing Programs

MEET TRACEY YOKAS



[Tracey Yokas](#) creates stuff. When she isn’t writing about mental health and wellness, she can be found playing with paint, glitter, and glue. Art fuels her passion for connection in community. She is dedicated to supporting women in their journey towards authenticity, and fulfills her mission by creating safe spaces where art, words, and vulnerability meet.

A former entertainment industry professional, Tracey has an affinity for color-coded art supplies. She is the author of the book, [Bloodlines: A Memoir of Harm and Healing](#), coming 2024.

Tracey shares about her family’s journey with mental illness and healing so that others will know they are not alone. Hope is real.

Tracey earned her Master’s Degree in Counseling Psychology from California Lutheran University and lives in Newbury Park, Ca. with her family, cats, and fish.

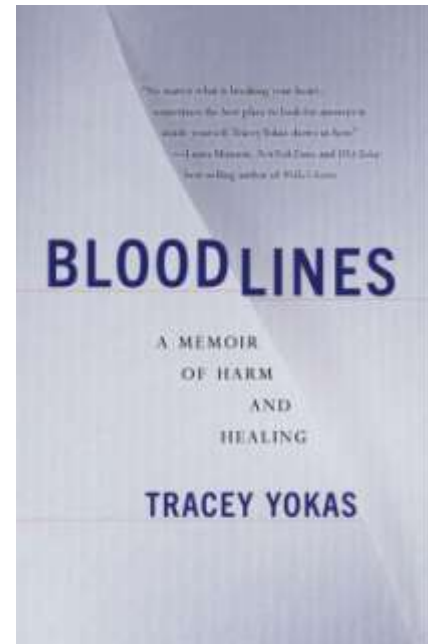
ABOUT THE BOOK

BLOODLINES: A Memoir of Harm and Healing

It should have been Tracey Yokas's time to heal. With the recent death of her mother, she was given a brand-new chance to redefine herself and her happiness on her own terms. But just as she prepares herself to spread her wings, Tracey discovers that her only child, Faith, is battling issues of her own—carrying forward the legacy of disordered eating, depression, and self-harm Tracey is so desperate to leave behind.

Tracey is determined to save her daughter, but she has no idea how to reach her—and as their fragile family navigates a medical system and a societal fabric that fails innumerable families in need, she and Faith become near strangers to each other. Ultimately, it's only when Tracey begins the hard work of standing up to her own history of rejection, low self-esteem, and longing does healing—for both mother and daughter—become possible.

Carrying a message made urgent by the epidemic of mental health challenges now besetting millions of American teens each year, *Bloodlines* is a story about how waking up to the power of love can allow us to reimagine the past—and fortify the present.



DISCUSSION TOPICS

- Common themes of generational healing as we battle with our past selves to try and break cycles of disordered eating, depression, and self-harm within our families
 - How to navigate a healthcare system that often fails families dealing with mental health issues
 - The difficult journey of rebuilding a broken mother-daughter relationship amidst the complexities of trauma
 - Why we must confront our own histories and pasts to contribute not only to our own healing, but to the healing of our loved ones in the present
 - How our past traumas can bleed into our parenting, regardless of our best intentions
 - Acknowledging broader social issues that are always at play, including the mental health challenges and low self-esteem epidemics affecting teens today
 - The power of self-love, creativity, and acceptance as catalysts for helping reignite positive change and reshaping family dynamics
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SAMPLE INTERVIEW QUESTIONS

- What inspired you to write *Bloodlines*, and how much of the story was a collaboration between you and your daughter?
 - How do you see your story contributing to the larger conversation around mental health awareness and support for teenagers?
 - How do we encourage our children to have positive, peaceful relationships with their minds and their bodies, if we struggle to do the same?
 - Where does our current healthcare system fall flat, in terms of providing mental health assistance to children and teens? What resources should I start with?
 - How did your own transformative journey of self-discovery and acceptance encourage the same in your daughter?
 - As an author, what do you see as the potential impact of the story on readers, especially those facing similar challenges? What insights or coping strategies do you hope they might derive from the book?
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ENDORSEMENTS

“Sharing a raw, honest look at facing and enduring a history of trauma, *Bloodlines* shows that the road to recovery is paved with acceptance, hope, and love. Yokas’s story, told with power and warmth, will help parents who are navigating mental health crises understand that the chains that bind us up in narratives often were forged long before we were born—and that they can be broken.”

—**BookLife Reviews, Editor’s Pick**

“Tracey Yokas masterfully and emotionally weaves the tale: a daughter’s mental health diagnoses and a mother’s quest to support her. *Bloodlines* is a raw, honest look at the limitations a history of trauma can have on us and our loved ones. A painful and arduous road to recovery—for both mom and daughter—is also a testament to acceptance, hope, and love.”

—**Jeni Discroll, Author of the mental health blog *Peace from Panic***

“Yokas connects the dots between various points of generational trauma to examine the ways in which we get caught up in narratives that began before we were born—and the ways in which such narratives can be rewritten. A relatable family story of mental illness and maternal love.”

—**Kirkus Reviews, *American Book Review Magazine***

“In her journey to examine and understand the emotional scars handed down from her family experience, Tracey Yokas finds her truth and her voice. We witness the beautiful unfolding of powerful insight, courage, and wisdom. Tracey becomes a warrior to free her daughter, herself, and her family from a tangled web of illness and trauma.”

—**F.D. Raphael, author of *The Rock Stars of Neuroscience* and founder of *Mindfulness by Faith***

CONNECT

Connect with Tracey Yokas:

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